

## Rio Rancho Parks & Recreation

### Message from the Director:

Welcome to the Rio Rancho Parks Recreation and Community Services Department Fall brochure. My name is Jay Hart and I am the Director for the Department.

Our job is to provide recreational opportunities for the community by offering enrichment classes, youth sports, fitness programs, aquatics, special events, green parks, and a lot of open space. We have partnerships with youth sports organizations, the Rio Rancho School District, Silver Sneakers program, the Rio Rancho Library, various charitable organizations, and local Rio Rancho businesses to increase our reach in the community.

If you are interested in volunteer opportunities please contact our Department at 505-891-5015, or email us at [jhart@rrnm.gov](mailto:jhart@rrnm.gov).

We offer recreation opportunities for all age groups from pre-school to older adults. Please take advantage of the programs we offer, the events we host, and the parks and the open space.

Thanks for browsing our brochure and I look forward to seeing you in the community!

Sincerely,



Jay Hart, Director



## Aquatics

# Rio Rancho Aquatic Center

745 Loma Colorado Blvd. • Rio Rancho, NM 87124 • 891-5230

<b>RRAC Hours</b> (Thru May 30, 2016) Subject to change		
<b>Recreation Swim For everyone</b>	Friday	3:00 to 7:00 PM
	Saturday & Sunday	12:00 NOON to 6:00 PM
<b>Lap Swim</b> *Adults only please.  *Number of available lanes varies throughout the day.	Monday to Thursday	6:00 AM to 11:00 AM 2:00 to 8:00 PM
	Friday	6:00 AM to 11:00 AM 2:00 to 7:00 PM
	Saturday & Sunday	12:00 NOON to 6:00 PM
<b>Senior Hour</b>	Monday to Friday	10:00 to 11:00 AM
<b>Diving Boards</b> *Must demonstrate the ability to swim one length of the pool	Saturday & Sunday	12:00 NOON to 6:00 PM
The Aquatic Center will be closed the first Monday of every month until 2:00 PM for pool maintenance.		

### Rio Rancho Aquatic Center Holiday Closures

Monday, September 7  
Monday, October 12  
Tuesday, November 11  
Thursday November 26  
Friday, November 27  
Thursday, December 24  
Friday, December 25  
Friday, January 1

### Special Announcements

- The Aquatic Center will not be open to the public until 2:00 PM on Saturday, September 12 due to the Patriot Triathlon.
- The Aquatic Center will be closed October 17 and 18 due to a USA swim meet.
- The Aquatic Center will not be open to the public until 2:00 PM on Sunday October 25 due to "Boxtoberfest".

### Rio Rancho Aquatic Center Winter Break Hours

**December 21 to December 31**

Monday to Thursday  
Noon to 5:00 PM

Friday  
Noon to 7:00 PM

Saturday and Sunday  
Noon to 6:00 PM

### Admission Fees

Children - \$3  
Teens - \$4  
Adult - \$4  
Seniors - \$3

**Passes Available**



### Home School Swim Team

This is a great opportunity to get some exercise and meet some new friends. This is a non-competitive team where you will learn the four proper swim strokes. Participants must be able to complete one length of the pool as a prerequisite for the class and will be grouped by ability. There will be an inter-squad swim meet at the conclusion of the class on October 23 and December 11.

### Registration Deadline: On-going

- Session 1 - September 14 to October 23
- Session 2 - November 2 to December 11

- Monday, Wednesday and Friday
- 2:00 to 3:00 PM
- Tuesday and Thursday
- 10:00 to 11:00 AM

- Rio Rancho Aquatic Center
- Min: 10 Max: 20
- \$15 - once a week
- \$30 - twice a week
- \$45 - three days a week
- \$60 - four days a week
- Ages 7 to 15



### Patriot Triathlon

Join us for the annual Patriot Triathlon. The event includes a 400-yard seeded swim, a 15-mile bike ride, and a 3.1-mile run in that order. Proceeds from the event will benefit the City of Rio Rancho Fire & Rescue and Police departments. This is a USA Triathlon sanctioned event. More information available at [www.fitfundamentals.com](http://www.fitfundamentals.com).

### Registration Deadline: September 8 (11:59 PM)



- September 12
- Saturday
- 8:00 AM Seeded Start
- Rio Rancho Aquatic Center
- Max: 400
- \$55 Adult Fee
- \$75 Adult Fee (after August 12)
- \$40 Junior Fee (under 18) & Hero's Division\*
- \$50 Junior Fee & Hero's Division (after August 12)
- \$130 Adult Team Fee
- \$160 (after August 12)
- \$75 Junior Team, all team members must be Juniors. (under 18)
- \$90 Hero's Team Fee, all team members must be Hero.
- \$100 Junior Fee (after August 12)
- \$130 Hero Fee (after August 12)
- \$15 kids race (ages 5 to 15), \$20 after August 12, \$25 after September 8
- All ages



\*Hero means those who are police, firefighter, EMS or military personnel.

\*\*All participants must be USAT members or pay a \$12 (Juniors - \$10) USAT one-day fee. For details and information on how to register visit [www.fitfundamentals.com](http://www.fitfundamentals.com)

# Swim Lessons

Time	Session 1 9/19 - 10/24** Saturday only	Session 2 11/7 - 12/12** Saturday only	Session 3 1/9 - 2/13** Saturday only	Session 4 9/14 - 10/5 M&W	Session 5 9/15 - 10/6 T&Th	Session 6 10/19 - 11/9 M&W	Session 7 10/20 - 11/10 T&Th	Session 8 11/16 - 12/9** M&W	Session 9 11/17 - 12/10** T&Th	Session 10 1/11 - 2/3** M&W	Session 11 1/12 - 2/2 T&Th
8:30 AM	4,6,8,9	4,6,7,9	3,4,8,9	<b>**No classes due to special events and closures on 10/17, 11/25, 11/26, 11/28, 1/18/16 and 2/6/16.**</b> 							
9:20 AM	3,5,7,9	2,5,8,9	2,4,7,9								
10:10 AM	1,2,3,5	1,5,6,7	1,5,6,8								
11:00 AM	2,4,7,8	2,3,4,8	2,4,6,7								
4:50 PM				3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6
5:35 PM				2,3,4,5	1,3,5,7	2,3,4,5	1,3,5,7	2,3,4,5	1,3,5,7	2,3,4,5	1,3,5,7
6:15 PM				1,3,5,6	2,3,4,8	1,3,5,6	2,3,4,8	1,3,5,6	2,3,4,8	1,3,5,6	2,3,4,8

## About the Learn to Swim Program Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office in City Hall and the Rio Rancho Aquatic Center.

During the Week Session .....\$42  
Saturday Only.....\$30

Please read the following descriptions to determine what class best fits your child's abilities. Staff will make any necessary adjustments during the classes to ensure your child has the best experience.

\*Participants must fall in the age range and have successfully completed each previous level to advance to next class.

If you feel your child needs an individual evaluation to advance to the next level, please contact Marcella Cano by e-mail at [mcano@rrnm.gov](mailto:mcano@rrnm.gov) or at 891-5231.

- Parent & Tot** (Ages 6 months - 3 years) Parent must accompany child in the water. Goals include water adjustment, getting in/out, doggie paddle, and safety skills. Max: 10
- Tadpoles** (Preschool - Ages 3 to 5) Students learn basic water skills, water acclimation, submerging, breath control, and safety skills/rules on their own. Max: 6
- Sea Shells** (Early beginners - Ages 4 to 7) Students learn basic water skills, floating, submerging, breath holding, safety skills, and rules. Max: 6
- Sea Horses** (Beginner - Ages 4 to 7) Students learn beginning techniques of front crawl stroke, how to use a kick board, jumping in, safety skills, and rules. Max: 6
- Sunfish** (Beginner Intermediate - Ages 5 to 9) Students work on front crawl stroke emphasizing kicking, breathing, and arm stroke technique. Safety skills, recovery after falling in deep water and water safety tips. Max: 6
- Sting Rays** (Intermediate - Ages 6 to 10) Students review and improve on front crawl and learn backstroke. Introduced to deeper water, safety skills, and rules. Max: 6
- Barracudas** (Advanced Intermediate - Ages 7 to 12) Students review backstroke and front crawl skills. Large emphasis on safety, how to start dive, and by the end of class the ability should be achieved to swim 25 yards of front crawl. Max: 8
- Dolphins** (Pre-Swim Team - Ages 8 and up) Students review strokes, learn rescue backstroke, breaststroke, and underwater swimming. Max: 8
- The Adult Class** is designed for adults who want to learn to swim for the first time and would like to learn basic swimming techniques. The class will be tailored for each individual and is right for any adult who has the desire to learn, even those who may have a fear of the water. Safety skills are also included. Max: 6



\*All classes are subject to change. Please visit [www.rrnm.gov](http://www.rrnm.gov) to view the most up to date schedule of classes.

## Aquacise Class Times

### Monday

9:00 to 10:00 AM - Aqua Circuit  
7:00 to 8:00 PM - Aqua Fitness

### Tuesday

9:00 to 10:00 AM - Aqua Therapy  
10:00 to 11:00 AM - Aqua Zumba

### Wednesday

9:00 to 10:00 AM - Aqua Fitness  
10:00 to 11:00 AM - Aqua Circuit

### Thursday

9:00 to 10:00 AM - Aqua Therapy  
10:00 to 11:00 AM - Aqua Zumba  
7:00 to 8:00 PM - Aqua Fitness

### Friday

9:00 to 10:00 AM - Aqua Fitness/Deep Water Combo  
10:00 to 11:00 AM - Aqua Circuit



## Class Descriptions

**Aqua Fitness:** Low-impact, high/low intensity, upright, shallow water workout set to music held in the recreation pool.

**Aqua Therapy:** Low-impact, low-intensity workout that emphasizes range of motion, strength training, and stretching held in either the recreation or exit pool.

**Aqua Zumba:** Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, and water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**Aqua Circuit:** Tone and sculpt your body with no impact to your joints. This water aerobics workout is a blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, resistance bands, and noodles.

## Indoor Cycling

Whether you're an experienced outdoor cyclist or your feet haven't touched the pedals since you were a kid, indoor group cycling has something for you. Cycling provides you with a fantastic cardiovascular workout, which is the key to a healthy body and strong heart. Padded cycling shorts and heart rate monitors are recommended but not required. All fitness levels are welcome.

- **9:00 AM:** Monday, Wednesday and Friday
- **6:00 PM:** Tuesday and Thursday
- **9:00 AM:** Saturday
- Min: 5 Max: 15

## Fitness Class Information

- \$30 per month - unlimited land and water classes
- \$5 - Drop-in Fee
- Ages 15 and up
- First come first served
- Pool passes and pricing apply to water classes only

## Circuit City

This class is the perfect combination of heart-pumping cardio and intense resistance training. You'll hit every muscle group as you burn calories zipping through stations of different fitness equipment that may include TRX suspension ropes, kettle bells, medicine balls, jump ropes, and weights. This class is ideal for both men and women of all fitness levels who want total body results in a limited amount of time.

- **9:00 AM:** Tuesday and Thursday
- **6:00 PM:** Monday and Wednesday
- Min: 5 Max: 16

**No land or water classes December 21 thru 26.**